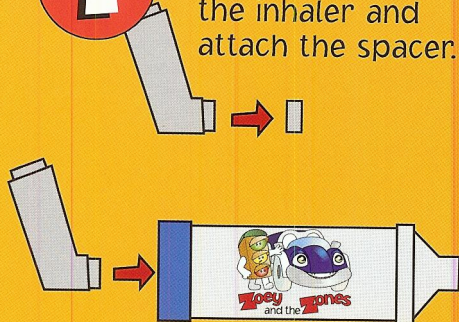


# Using An Inhaler

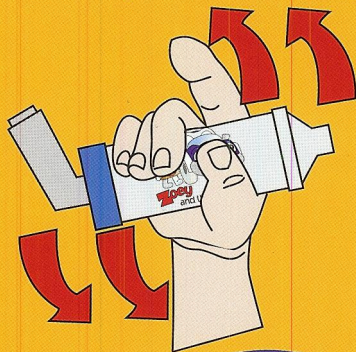
1

Remove the cap of the inhaler and attach the spacer.



2

Shake the inhaler and spacer at least 4-5 times.



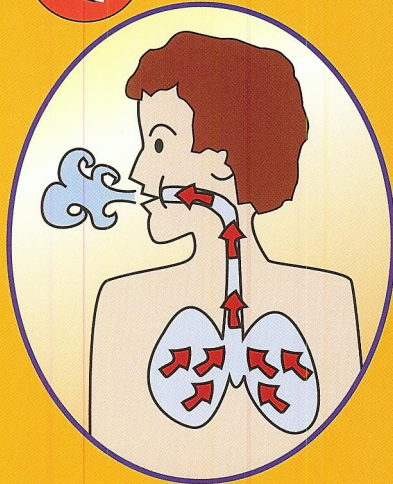
3

Stand up tall



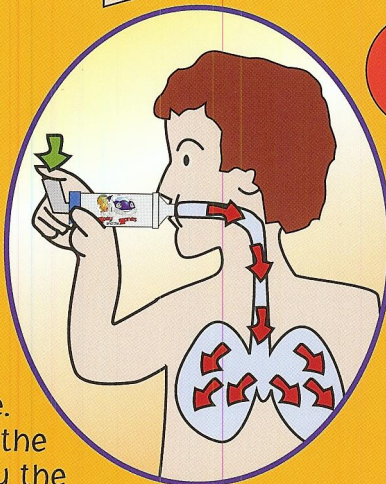
4

Exhale slowly to empty your lungs.



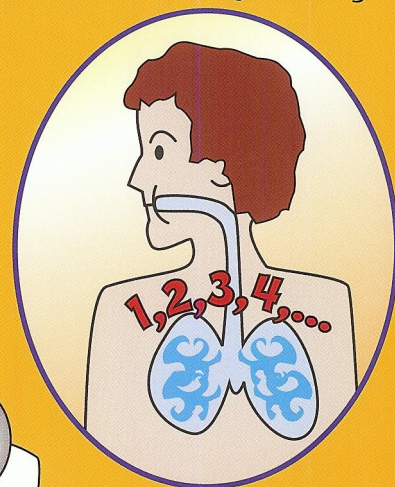
5

Put the spacer in your mouth and seal your lips around the mouthpiece. Press down on the inhaler to spray the medicine and breathe in slowly through your mouth, not your nose.



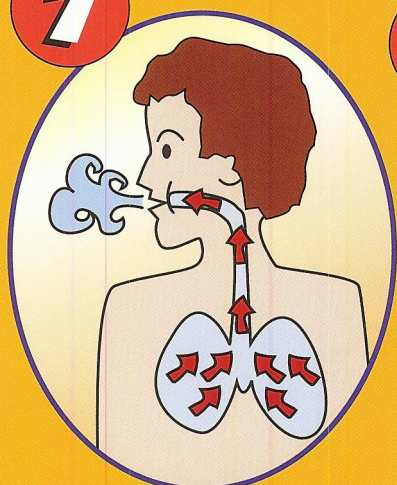
6

Hold your breath and count to 10. This helps the medicine get deeper into your lungs.



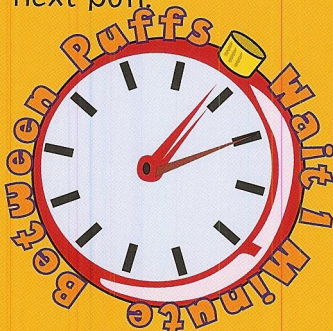
7

Exhale.



8

Wait 1 minute before your next puff.



9

Give yourself the number of puffs your doctor ordered.



**IMPORTANT:** For complete information, including cautions, refer to the device and medication instructions.

**IMPORTANT** After using your corticosteroid inhaler, rinse your mouth with water and spit it out in a sink. You need to clean your spacer with dish soap and warm water every day. Let it air dry.



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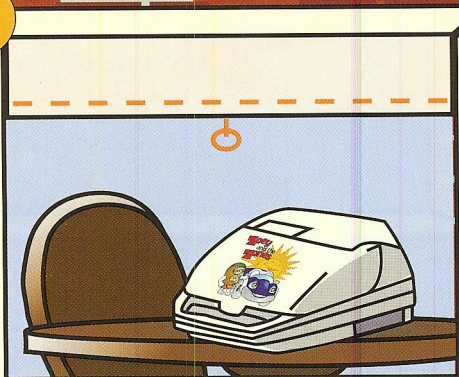
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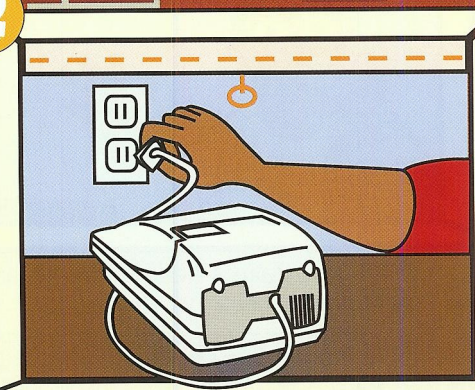
# Using A Nebulizer

1



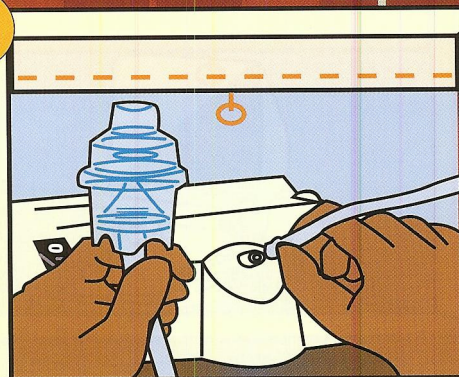
Place your compressor on a solid table top.

2



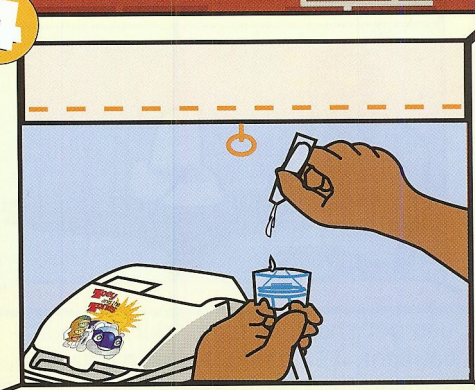
Get your Mom or Dad to plug the compressor into the electric outlet.

3



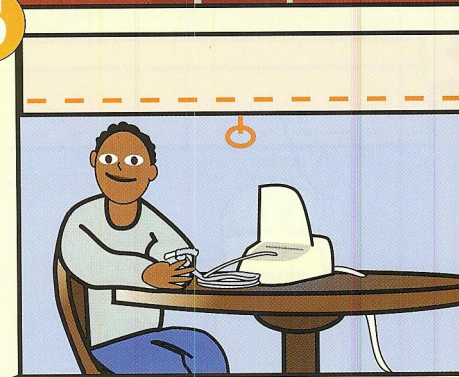
Connect the nebulizer circuit hose to the compressor.

4



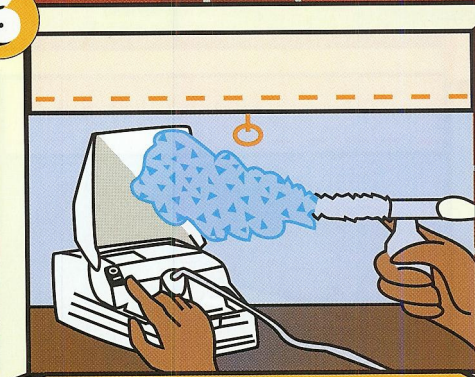
Put the medicine that your doctor prescribed into the medicine cup of the nebulizer circuit.

5



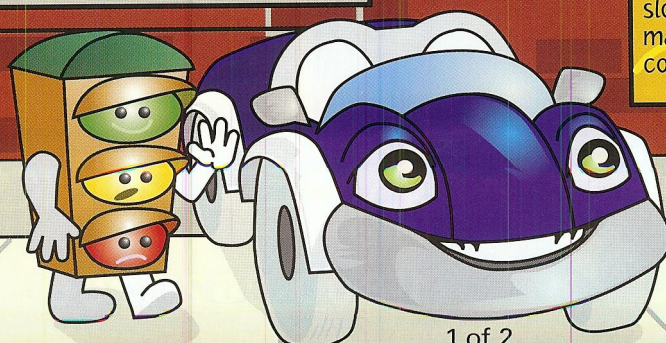
Sit upright in a chair. Don't take your treatment lying down! The medicine goes deeper into your lungs when you sit up!

6



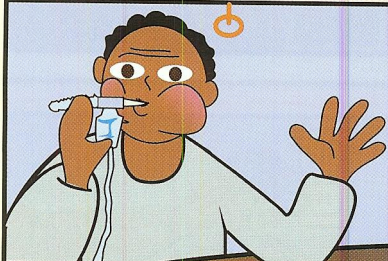
Turn the compressor on. When you see a mist coming out, put the mouthpiece in your mouth and begin breathing in and out, slowly and normally. If no mist comes out, make sure your nebulizer circuit is connected the right way or use another one.

See back for more steps



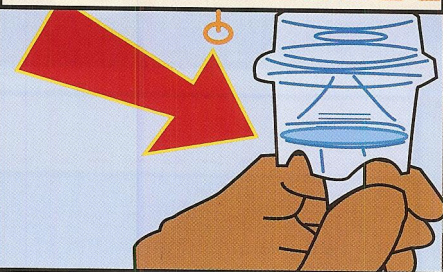


7



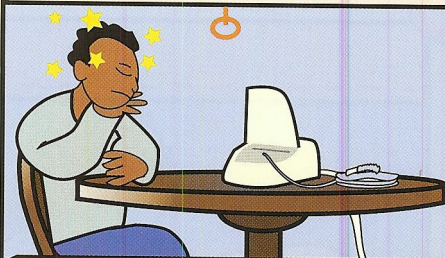
Every 10 breaths, take a deeper breath and hold it for 5 seconds.

8



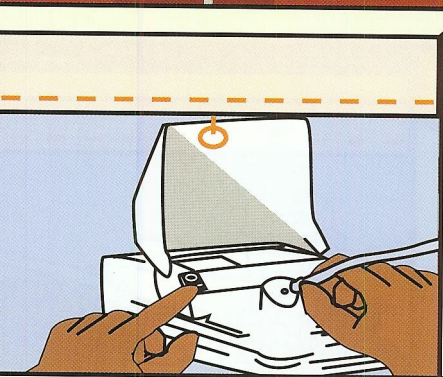
Take the treatment until all the medicine is gone. It usually takes 15 to 20 minutes.

9



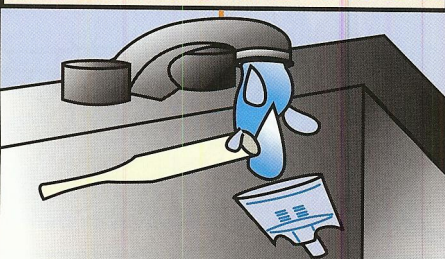
If you get shaky or dizzy during your treatment, it's usually because you are breathing too fast. If this happens, tell your Mom or Dad, turn the compressor off and wait for 10 to 15 minutes. If you feel better after resting, finish taking your treatment.

10



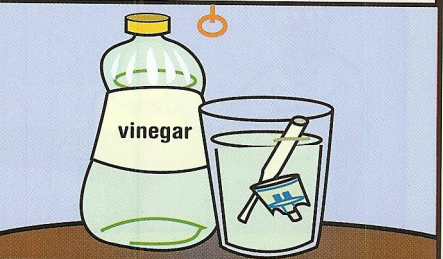
When all your medicine is gone, turn the compressor off and disconnect your circuit.

11



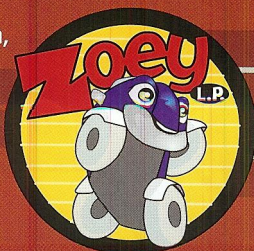
After each treatment, rinse your medicine cup and mouthpiece with water and let them air dry.

12



Once a day, soak your mouthpiece and medicine cup in a vinegar solution that your Mom or Dad makes for you. Soak it for 30 minutes, rinse it well, and let it air dry.

**IMPORTANT:** For complete information, including cautions, refer to the device and medication instructions.



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# Using a Peak Flow Meter

**A** peak flow meter is a tool that is easy to use and doesn't hurt. Zoey uses his peak flow meter every day to check his lungs. Zoey and your parents will help you find your best number. The bigger the number, the better your lungs are doing. When your peak flow number gets smaller, it means your asthma is getting worse. Zoey will show you things to do to make you feel better and stop an asthma attack.

To get your peak flow number, do these five steps:

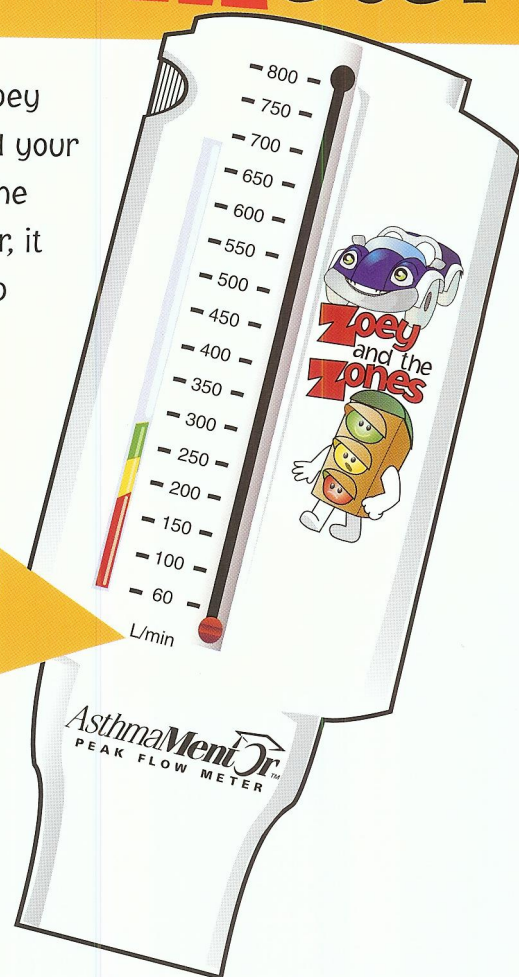
**1** Move the red pointer to the bottom of the scale.

**2** Stand up tall.

**3** Take a deep breath, fill up your lungs, and hold your breath.

**4** Put the meter in your mouth and close your lips around it. Do not put your tongue inside the meter.

**5** Blow out as hard and fast as you can, in one blow. Write down the number you get. If you cough or mess up, don't worry. Do it again.



**IMPORTANT:** For complete information, refer to the device instructions.



**Repeat steps 1-5 two more times. Write down the biggest number of the three tries in your diary.**

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